



Stress Hardiness

Research studies have found that certain persons are much less susceptible and vulnerable to the effects of stress than are others! These individuals have been called stress hardy, and they seem to be able to cope well with stress! They are less likely to become ill and sick, and are absent from work less frequently than others, and overall seem to be rather healthy individuals. The military actively supports stress hardiness!

The stress hardy person appears to have four characteristics that contribute to positively managing stress. The 4 C's of stress hardiness are - Control, Challenge, Commitment and Closeness.

A person with a sense of control sees stress as a challenge and not as a threat! They believe that they are in control of their circumstances. Individuals are involved with and committed to activities and people. These stress hardy persons have lots of strong relationships with others and good social support. They may see an aggravation as a quiz and as a challenge!

Persons who lack hardiness are often seen as feeling powerless, see the world and the situation as a threat, and avoid difficulties and others. They seem to have trouble dealing with minor hassles and major difficulties.

Stress hardiness is a skill that can be learned and developed! How many of these characteristics do you use? How may you become more stress hardy today?